# 7 Day PCOS Diet Plan for Weight Loss

| Day | Meal | Food Items |
|---|---|---|
| 1 | Breakfast | 2 Idli, 1/2 cup Sāmbhar, 1 tablespoon Chutney |
| 1 | Mid-Meal | 1 cup Green gram sprouts |
| 1 | Lunch | 2 Roti, 1/2 cup Salad, 100 gm Fish curry, 1/2 cup Cabbage sabji |
| 1 | Evening | 1 cup Apple |
| 1 | Dinner | 2 Roti, 1/2 cup Bottle gourd sabji |
| 2 | Breakfast | 2 slices Brown bread, 1 slice Low-fat cheese, 2 Boiled egg white |
| 2 | Mid-Meal | 1 portion Papaya |
| 2 | Lunch | 1 cup Veg pulav (brown rice), 1/2 cup Chicken curry, 1/2 cup Buttermilk |
| 2 | Evening | 1 cup Light tea, 2 Wheat Rusk |
| 2 | Dinner | 2 Roti, 1/2 cup Ladies finger sabji |
| 3 | Breakfast | 2 Chapati, 1/2 cup Paneer green peas curry |
| 3 | Mid-Meal | 1/2 cup Boiled black chana |
| 3 | Lunch | 1 cup Brown rice, 1/2 cup Dal, 1/2 cup Palak sabji, 1/2 cup Low-fat curd |
| 3 | Evening | 1 Guava |
| 3 | Dinner | 1 cup Broken oats upma, 1/2 cup Green beans subji |
| 4 | Breakfast | 2 Methi Paratha, 1 tablespoon Green chutney |
| 4 | Mid-Meal | 1 Orange |
| 4 | Lunch | 1 cup Brown rice, 150 gm Chicken curry, 1 cup Cucumber salad |
| 4 | Evening | 1 Cup Light tea, 1 cup Brown rice flakes poha |
| 4 | Dinner | 2 Wheat Roti, 1/2 cup Bitter gourd sabji |
| 5 | Breakfast | 1 cup Vegetable Oats Upma, 1/2 cup Low-fat milk |
| 5 | Mid-Meal | 1 cup Plain Yoghurt with raw/grilled vegetables |
| 5 | Lunch | 1 cup Brown rice/2 medium Chapati, 1/2 cup Egg curry, 1/2 cup Veg raita |
| 5 | Evening | 1 cup Boiled chana, 1 cup Light tea |
| 5 | Dinner | 2 Roti, 1/2 cup Mix veg curry |
| 6 | Breakfast | 1 cup Mix veg Poha, 1/2 cup Low-fat milk |
| 6 | Mid-Meal | 1 cup Plum |
| 6 | Lunch | 2 Chapati, 1/2 cup Cluster beans (gwar phalli) subji, 100g Fish curry |
| 6 | Evening | 1 cup Tea, 2 Karela biscuits |
| 6 | Dinner | 2 Roti, 1/2 cup Ridge gourd subji (tori) |
| 7 | Breakfast | 2 Besan cheela, 1 tablespoon Green chutney |
| 7 | Mid-Meal | 1 cup Boiled chana |
| 7 | Lunch | 1 cup Brown rice, 1/2 cup Paneer curry, 1/2 cup Capsicum subji, small cup Low-fat curd |
| 7 | Evening | 1 cup Strawberry |
| 7 | Dinner | 1 cup Broken wheat dalia khichdi, 1/2 cup Green beans subji |
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| | Ref. https://ilastouchofhealth.com/7-day-pcos-diet-plan-for-weight-loss/ | |
| | For Personalized diet plans, book an appointment https://ilastouchofhealth.com/pcos-diet-program/ | |